

GREEN BEAN AND CHERRY TOMATO SALAD

To prepare fresh green beans, rinse and remove ends before eating!



food
bank
of the Southern Tier

Just Say Yes

To Fruits & Vegetables

www.foodbankst.org/jsy



FIDELIS CARE

GREEN BEAN AND CHERRY TOMATO SALAD

SERVES 8 • SERVING: 1 CUP

Just Say Yes

To Fruits & Vegetables

INGREDIENTS:

- 4 cups sliced green beans
- 4 cups halved cherry tomatoes
- ¼ cup sliced fresh basil
- 3 tablespoons vegetable oil
- 2 tablespoons apple cider vinegar
- 3 tablespoons finely chopped shallots
- ½ teaspoon crushed red pepper flakes (optional)

DIRECTIONS:

1. Bring 4 cups of water to boil in a large pot over high heat.
2. Add green beans and cook 5-10 mins or until softened.
3. Rinse green beans under cold water until cool.
4. Combine cooled green beans, tomatoes, and basil in a bowl.
5. In a small bowl, make the dressing: combine oil, vinegar, shallots, and red pepper flakes. Mix well.
6. Add dressing to vegetables, mix well.
7. Serve and enjoy!
8. Refrigerate leftovers.

For more great recipes visit www.foodbankst.org/jsy

Recipe provided in partnership by the Food Bank's Just Say Yes to Fruits & Vegetables Program as funded through the USDA's Supplemental Nutrition Assistance Program – SNAP.